



## February 2025 EAP PROMOTIONAL EMAIL

Hello everyone – As February begins, our [Washington State Employee Assistance Program \(EAP\)](#) is offering the following resources to support you and your family:

### EAP Events and Webinars

The Washington State EAP is excited to share our expanded roster of \*live\* [events and webinars](#). We hope that you will be able to join us for the following:

- Join us **every Wednesday from 12noon to 12:30 pm** as we present **Wellness Wednesdays!** Each month will have a themed topic and all sessions will relate to that topic. In February, our series continues with...
- **Breaking Barriers, Building Connection: Mental Health, Kindness, and Equity**  
This month, we're exploring the power of open conversations, kindness, and equity in shaping healthier, more connected communities. Stigma, silence, and systemic barriers often prevent individuals from seeking the support they need. These sessions provide practical tools to foster understanding, advocate for mental health equity, and create spaces where everyone feels valued. Together, we can break down barriers and build a culture of kindness, inclusion, and resilience. **Interested in joining us? [Please register HERE!](#)**
  - **February 5: Breaking the Stigma: Mental Health Conversations Made Simple**  
Stigma remains one of the biggest barriers to mental health support, preventing individuals from seeking help and reinforcing harmful misconceptions. In this session, we'll explore the different types of stigma, their impact on individuals and communities, and practical steps we can take to challenge them. We can create a more compassionate and understanding world by breaking the silence and normalizing mental health discussions.
  - **February 12: Courageous Conversations: Breaking the Silence About Mental Health**  
Starting a mental health conversation can feel daunting, but it is essential for fostering support and reducing stigma. This session provides strategies to approach these discussions with confidence and empathy, helping to create safe spaces in workplaces, communities, and personal relationships. Learn how to listen with intention, use supportive language, and build a culture of openness that

prioritizes well-being.

- **February 19: Honoring Resilience: Mental Health Equity in Action**

Mental health care is not equally accessible to all, with systemic barriers disproportionately affecting marginalized communities. In this session, we will explore the importance of mental health equity, highlight Black mental health advocates who have shaped the conversation, and discuss ways to promote culturally responsive care. Join us as we reflect on the importance of advocacy and inclusive support systems in mental health.

- **February 26: The Ripple Effect: Cultivating Kindness in Daily Life**

A simple act of kindness can brighten someone's day, foster connection, and create a ripple effect that extends far beyond what we see. This session explores the science behind kindness, its impact on mental well-being, and small but meaningful ways to integrate kindness into our daily lives. By fostering generosity and compassion, we can build stronger, more supportive communities.

**Interested in joining us for one or more Wellness Wednesdays? [Please register HERE!](#)**

- **Self-Compassion: A Path to Inner Peace and Resilience**

In this session, we'll explore the transformative power of self-compassion and its role in fostering inner peace and resilience. Learn how to recognize and reframe self-critical thoughts, practice self-kindness in moments of difficulty, and build emotional strength through mindfulness and acceptance. This session provides actionable strategies to cultivate a more compassionate relationship with yourself, empowering you to navigate life's challenges with grace and confidence. **Monday, February 10, 2025, 1:00 pm.**

- **Navigating Change in Challenging Times**

In our ever-changing world, learning how to navigate change is an essential skill—one that can be developed. In this webinar we'll talk about the impact of change, actions you can take to navigate change based on your unique stress response, and resources available to support you.

**Monday, February 24, 2025, 2:00 pm.**

**Can't attend the live February webinars?** Check out [future dates](#). In addition, EAP offers [on demand webinars](#) on subjects such as: [EAP Orientation](#), [depression and anxiety relating to stress](#), [emotional intelligence](#), and [more](#).

## Work/Life

In February, the [EAP Work/Life site](#) is offering tools and resources to support you in learning more about **how to achieve your goals, including breaking them into smaller, more manageable steps**. If you want to make a change, think about a step-by-step plan and celebrate your small wins along the way. Get started by viewing this month's on-demand seminar, **"Stride Forward"** – it's available beginning **Tuesday, February 18th** through the [Work/Life site](#): just log in with your Work/Life Access Code, <EWU>.

# Monthly Resources for February 2025

As we navigate February, it's an excellent time to reflect on **the power of kindness—both toward ourselves and others**. Self-compassion not only fosters resilience but also creates space for meaningful connections with those around us. In honor of **National Random Acts of Kindness Day (February 17)** and **Time to Talk Day (February 6)**, we encourage you to embrace small actions that build bridges, reduce stigma, and support mental well-being.

## National Random Acts of Kindness Day

A simple act of kindness can ripple outward, brightening someone else's day and reinforcing your sense of purpose. Consider taking a moment to send a thoughtful note, offer a helping hand, or simply express gratitude. These small gestures don't just impact others—they also help strengthen your emotional well-being.

## Time to Talk Day

Talking about mental health is a powerful way to break down stigma. This first Thursday in February is dedicated to encouraging open and honest conversations about mental health. Whether you're reaching out to check in with a loved one or creating space for a colleague to share, these moments of connection can make all the difference.

## Honoring Black History Month

As we celebrate Black History Month, let us also recognize the importance of mental health equity within marginalized communities. Historical and systemic challenges have often contributed to unique mental health needs. By increasing awareness and creating safe spaces for dialogue, we can foster inclusion and understanding. Explore ways to honor this month by learning about the contributions of Black mental health advocates and supporting resources tailored to diverse needs.

### Featured Resource:

Check out our curated guide, **“Kindness and Connection: Strengthening Well-Being,”** featuring tips for practicing self-compassion, engaging in supportive conversations, and advocating for equity in mental health. Visit our EAP website to learn more.

## Articles and Other Resources

### Work:

- [Why Kindness at Work Pays Off](#)
- [7 Steps to Creating Kindness in the Workplace](#)
- [Leading with Inclusion and Belonging in the Workplace \(45-minute on-demand webinar\)](#)
- [Why Kindness in the Workplace is More Important than Ever](#)
- [How to Combat a Toxic Work Culture](#)
- [Why We Should Promote Belonging in the Workplace \(14-minute video\)](#)

- [Showing Care and Building Trust by Noticing Emotions at Work](#)
- [Compassionate Leaders Create Psychological Safety](#)
- [Why Good Leadership Makes You Feel Safe – Simon Sinek for TED \(14-minute video\)](#)
- [How Leaders Can Build Psychological Safety at Work](#)
- [How to Practice Authentic Communication in a Virtual Space \(30-minute on-demand webinar\)](#)
- [Curiosity: A Key to Compassionate Leadership](#)
- [How Genuine Connection Can Redefine Mental Health at Work \(10-minute video\)](#)
- [Leading with Compassion has Research-Backed Benefits](#)
- [For Leaders: 3 Keys to Deeper Connection](#)
- [Forming Stronger Bonds with People at Work](#)
- For schools – [Kindness in the Classroom: Pre-Kindergarten, Kindergarten-Grade 5, Grades 6-8, High School](#)

#### **Marginalized Communities:**

- [Identity and Cultural Dimensions of Mental Health](#)
- [How to Cope When Your Community is Under Attack](#)
- [Understanding Intergenerational Trauma and Its Effects on Mental Health](#)
- [How People Who Experience Racism Can Practice Self-Compassion](#)
- [The Importance of Self-Compassion \(Therapy for Black Girls, 45-minute podcast\)](#)
- [The Impact of Racial Trauma and How to Cope](#)
- [Black Mental Health Matters \(10-minute video\)](#)
- [Black Folk Mental Health: Generational Trauma, Traditions, and Truth \(9-minute video\)](#)
- [Superwomen Schema, Stigma, Spirituality, and Culturally Sensitive Providers](#)
- [The Power of the Black Woman’s Self-Love Journey \(15-minute video\)](#)
- [Compassion as a Tool for Allyship and Anti-Racism](#)
- [Don’t Take the Exit on People: A Diversity and Inclusion Approach \(18-minute video\)](#)

#### **Personal/Family/Relationships:**

- [Self-Compassion Test](#)
- [Where Does Compassion Really Come From? \(3-minute video\)](#)

- [The Evolutionary Roots of Compassion \(5-minute video\)](#)
- [How to Be Kinder to Yourself](#)
- [The Three Components of Self-Compassion \(6-minute video\)](#)
- [Loving Kindness Meditation practice](#)
- [The Benefits of Not Being a Jerk to Yourself \(14-minute video\)](#)
- [Compassionate Action: The 5D's of Bystander Intervention](#)
- [The Healing Effects of Social Connection \(US Surgeon General's Advisory\)](#)
- [Compassion and the True Meaning of Empathy \(13-minute video\)](#)
- [How to Show More Compassion to Others – and Why You Should](#)
- [What Does “Tough Compassion” Look Like in Real Life](#)
- [Connecting: The Incredible Power of the 8-Minute “Catch-Up” Phone Call](#)
- [Why Self-Compassion is a Better Motivator Than Criticism \(3-minute video\)](#)
- [Being Kinder to Yourself \(3-minute video\)](#)
- [Random Acts of Kindness practice](#)
- [Connecting: 30 Questions to Inspire Someone to Open Up](#)
- [Putting a Human Face on Suffering practice](#)
- [How to Improve Your Relationships with Healthy Communication](#)
- [Common Humanity Meditation practice](#)
- [Let's Face It, No One Wants to Talk About Mental Health \(and here's why\)](#)
- [Seize the Awkward | Talk With A Friend About Mental Health](#)
- [Self-Compassion Meditation for Parents practice](#)

#### **General Resources:**

- [988 Lifeline – Call or Text 988, or chat](#)
- [Trevor Project Crisis Services \(LGBTQ+ youth, 13-24\)](#)
- [PFLAG – Support for LGBTQ+ people and allies](#)
- [NAMI \(National Alliance on Mental Illness\)](#)

If you're looking to make a change or would like support, guidance, or helpful resources, please know that our EAP is here for you—don't hesitate to reach out at [1-877-313-4455](#) or [online](#).